

BRIEF NOTES

December 2009

Certification ♦ Education ♦ Networking ♦ Leadership



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2009-2010**

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lilmiss229@yahoo.com
(360) 692-6415

Vice President
Linda M. Tjaden
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(260-689-8753)

Secretary
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MABaker@perkinscoie.com
(206) 359-8133

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terre@rsulaw.com
(360) 307-8860

Website Editor – Briefnotes
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From the Top:

Soon a new year will be upon us! Time flies by so quickly.

Our first speaker of the year will be Connie Mayer, Courthouse Facilitator. We have changed the nights of our membership meetings to the 2nd Thursday of each month. We will meet January 14th, 2010 at 6:00 p.m. at the Family Pancake House on Kitsap Way, Bremerton.

Our February speaker will be Commissioner Thurman Lowans, who will speak on new domestic forms and how the changes will relate to our functions as legal assistants.

January is also NALS of Washington's Super Saturday CLE on Saturday, January 30. Please let me know ASAP if you would like to share a room at the LaQuinta in Tacoma. Our Chapter pays for the room and I will need to make the reservation soon. I would like to stay over Friday night, January 29th. The registration form and more information about this seminar are located at the end of this issue of the Brief Notes.

Hope to see you all on the 14th!

**Debi Smith,
President**



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Employment Corner

Kitsap County has an employment opportunity for a “Court Clerk 2” position. Application deadline is January 7, 2010. Details: <http://www.kitsapbar.org/misc/09clerk.pdf>.

Contact Person:

Marilyn Rayburn
Office Assistant 2
Kitsap County Personnel & Human Services
360.337.7185 ext 3515
360.337.7187 (fax)

Law Office of T. David Apodaca has a staff position open:

Domestic Relations/Personal Injury-Paralegal-Minimum 2 years Washington experience. Job duties entail meeting with clients, drafting documents, answering phones. Must be very proficient with FamilySoft/Support Calc. software. Must have excellent problem solving skills and preferably very computer literate. Pay DOE. Send your resume to Della Wasson at Law Office of T. David Apodaca P.S.

Ph. 360-692-0950
Fax 360-692-4250

TOP TEN NEW YEAR'S RESOLUTIONS

By Albrecht Powell, *About.com*

1. [Spend More Time with Family & Friends](#)

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year.

2. [Fit in Fitness](#)

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and

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maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

3. Tame the Bulge

Over 66 percent of adult Americans are considered overweight or obese [by recent studies](#), so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

4. Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you!

6. Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. Learn Something New - **CERTIFICATION!**

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

9. Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your [local library](#), mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help.

10. Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, there are many tips and resources available that should get you started on the way to a more organized life.

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NALS of Kitsap Membership Meeting

Date: Tuesday, December 8, 2008

Time: 6:45 pm

Those in Attendance:

President	Debi Smith
Treasurer	Terre Skelly
Secretary	Marina Anna Baker, Certified PLS Samantha Adams Irina Kinyon Jerrie Ann Davies
Speakers:	Jo Yantz, Certified PLS (NALs of Washington Certification Director) Alicia Freeman (Kitsap Legal Services)

Meeting called to Order:

Next month's speaker:

Kitsap County Superior Court facilitator: Connie Mayer.

February: Commissioner Thurman Lowans

Speaking about new domestic forms and changes that will result from them.

March: ?

April: Kristi Hoofman, Perkins Coie LLP

Speaking about the duties of a paralegal working in trademark law

At this time, February seminar ideas still needed by Debi.

Christmas contribution: We will contribute a check for \$200 to the Kitsap Sun Bellringer. This way money will be raised for Kitsap County food banks and elsewhere. Moved and seconded by Jerrieann & Terre. Motion carries unanimously

Kitsap County Bar Association Silent Auction Installation Banquet . This will benefit Kitsap Legal Services: Joanne Dantonio – contact. Chairperson for Silent Auction. It has been moved and seconded that \$50 dollars will be spent on a basket to be donated to the Silent Auction by NALS of Kitsap. Bar Installation Dinner/Kitsap Legal Service silent auction – January 29.

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Linda Tjaden was not able to attend due to illness. Membership Report: Karen Sutton, new member.

Secretary:

Reading of the minutes waived, approved as published in the Brief Notes.

Treasurer:

Waive reading of the Treasurer’s report.

Audit committee – Jerrie Ann to do this Friday

Publication – Mary is doing a great job, but she needs articles for the Brief Notes

Deadline – approximately December 25

We discussed the possibility of changing chapter meetings to Thursday nights. This switch will begin with our January meeting, which has been moved from January 12 – Thursday, January 14.

Meeting adjourned 7:13 PM

Secretary,

Marina Anna Baker, Certified PLS (Secretary)



A New Year’s Journey . . . by Marina Anna Baker, Certified PLS

On the precipice of my 48th “new” year, I find myself indulging in the luxury of recalling the past events of my life. Thankfully, such recounting does not include the details of my birth in 1961, or the years immediately following. However, I do remember the day in 1965 when my youngest brother was born. Since I had just spent more than three years as the “baby” of the family; sweet, adorable, a joy to be around ☺ ...Henry’s entrance into this world was not one that filled mine with great happiness. Nevertheless, that same brother, now 6’8” and chief of a local police department, has become a special individual in my life. There aren’t many people that know me, who haven’t heard at least one “Henry story,” and I don’t easily tire of regaling others with tales of his accomplishments. Such is often the lot of an older sister; unfortunately, as I realized in 2007, so is the feeling of helplessness when a treasured sibling must deal with a life problem not within our power to “fix”. [FYI: Time is indeed a great healer.]

Shortly after celebrating my 8th birthday, our father informed us that the family would be moving to America in a few weeks. Not sure exactly what reaction he was expecting, because, at least for me, the idea of

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leaving behind all my friends and relatives to begin a new life in another part of the world wasn't exactly registering on the "sure looking forward to this" scale. Instead, the idea filled me dismay and fear, and I cried. I am pretty sure other family members shared my apprehension, but no amount of pouting or expressions of discontent would change the fact that on September 30, 1969, wearing matching outfits and sporting tightly bound pigtailed, I joined my family in boarding a Lufthansa plane in Frankfurt, West Germany bound for the U.S. of A. I have returned to Germany a couple of times since then, but this was **by far** the longest flight ever! Although, I do believe that the time I traveled there with my son, Ken [age 8!] in 1994 rates a close second. I **cannot** imagine how my mother kept her sanity while trying to entertain 5 of us on a 10+ hour flight!

Once we were in America, there followed the expected culture shock, including the eating of strange foods and drinking equally strange beverages (like grape juice – YUCK!) and learning a new language, but with it also came an extended period of extreme closeness. When the only people you can communicate with are your family members, being with them takes on a whole new importance. My father died in 2003, while my mother now lives in Leavenworth (of all places), and the five of us are spread between both coasts. Sadly, our relationship with each other, for a number of reasons, isn't what it was in the 70s. Yet, there are so many shared memories, which, I hope, will lead to more sincere and frequent interactions in 2010.

Well, that was schmaltzy, but a HUGE step in the "new year's" journey we are on, so let's continue with 1979, the year I became the 4th Simon to graduate from Meadowdale High School. Ten years later, I joined former classmates for my first reunion. In the course of that evening, I snagged my nylons on a chair, spilled some dinner on my newly-purchased dress, and chased a dropped dime across a darkened hallway while muttering, "This is just like high school!" Luckily, by the time the 20th reunion came around, I had Ken's travails to talk about, and at the 30th (just this summer), we expended most of our energy trying to hold conversations over the noise of the music that was playing! I also think that by this time, most people are so overjoyed just to be there and see everyone again, that they don't really think about themselves...well, at least not as much.

For me college followed high school, and then in 1984, I married my husband of nearly 26 years. Well, *now* he's my husband of nearly 26 years, back then he was the person who took me to see Men at Work in 1982 and hasn't left my side since. ☺ Three years later, we sat in our son's nursery tossing around a Shellcore® baseball while discussing our upcoming future as parents. We stayed up until midnight even though we were scheduled to pick him up at the airport the next morning at 8. Only months had passed, before I watched Ken being wheeled from the elevator of Shriner's hospital after his first of 7 surgeries, tears staining his face, holding up his new cast with a pleading look that said "Take it off!" The first steps, the first lost tooth, the first day of school, the first homerun or soccer goal...so many firsts, I can't list them all. Surely, all who are reading this are going over the same litany for their child(ren). Now that he's 24, seeing Ken is not an everyday, or even monthly, occurrence, instead such sightings are relegated to holidays, like Christmases and birthdays. I am more frequently remembering the times that I didn't want to spend with my parents, and now I feel their pain. Yet I know that this is what we work for, the letting go, hoping that he/she will land on his/her feet. If that time is coming for you and your child in 2010, know that it **is** what should be.

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Finally, and appropriately, there are the NALS memories. I became a student member in 1998, while attending a Region 7 meeting in Spokane, Washington. All around me, people were standing up and saying, "Hi, I'm _____, PLS" Not to be outdone, I introduced myself as Marina Anna Baker FLS – determining that my status as a **Future Legal Secretary** was clearly as important as a PLS, whatever that was! And it is – so, if 2010 is the year that your FLS status turns to PLS (**P**resent **L**egal **S**ecretary) CONGRATULATIONS!

Of course, it wasn't long before I did know what those initials represented and in 1999, spurred on by a very inspirational message given by Verna Seal-Griffin, Certified PP, PLS, I studied for and passed the ALS certification exam. Just two days before attending my first National NALS conference in Houston, Texas, I was promoted to the position of legal secretary. In Houston, I won the Medrec (vendor) raffle of \$1,000 for my favorite charity, which I presented to the NALS Foundation that evening. This would begin my continued involvement with the Foundation. I currently serve as the NALS Foundation Liaison to NALS of Washington.



By the way:

The NALS Foundation Annual Potpourri Raffle will take place at this April's annual meeting. If you have any items that you wish to donate to this raffle, be sure to contact me at marinastuff@comcast.net.

In the spring of 2005, I could begin to introduce myself as Marina Anna Baker, **PLS!** The exam was difficult, and I was sure that I would have to redo at least some of the sections. I was told via telephone that I had passed; unfortunately, the date of that phone call was April 1. Even though I was reassured by all that this was definitely NOT an April Fools' joke, it took receiving the written confirmation to convince me.

I joined NALS of Kitsap in 2007, following memberships in NALS of Pierce County (1999-2001) and NALS of Greater Seattle (2001-2007). Since 2008, I have served as this chapter's Corporate Secretary.

My biggest 2009 memory? Asking my husband on the way home from the airport, after having just returned from our once-in-a-lifetime trip to a fancy all-inclusive resort in Los Cabos, Mexico, "You have the camera, don't you?" He didn't...☹

Wishing you all a GREAT 2010!

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COMMITTEES

ByLaws/Standing Rules

Terre Skelly

- IMPORTANT DATES TO REMEMBER -

**MAKE THE MOST OUT OF YOUR MEMBERSHIP...
ATTEND A NALS CONFERENCE!**

March 11-13, 2010

think big.
BIG education...BIG fun!

 **TULSA 2010**



Make your plans to visit the Ozark Mountains next fall for the 59th Annual Education Conference & National Forum

October 21-24, 2010
Chateau on the Lake
Branson, MO

[Download the NALS Branson Desktop Background!](#)

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CONGRATULATIONS TO THE 2010 – 2011 NALS NATIONAL OFFICERS NEWLY ELECTED

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President Elect -- Kathie Amirante, PP, PLS (MI)
Secretary/Treasurer -- Helene L. Wood, PP, PLS, TSC (TX)

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Education Director -- Jeannie Shaw, PP, PLS (MS)
Marketing Director -- Karen McElroy, PP, PLS (AZ)
Membership Director -- Tina Boone, PLS (TN)

OTHERS

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NALS Foundation Chair -- Faynell Poe, PP, PLS (TX)
Executive Director -- Tammy Hailey, CAE (OK)

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Region 2 Director -- Rita Ann Gilson, PP, PLS (PA)
Region 3 Director -- Barbara Stone, PP, PLS (MI)
Region 4 Director -- Lisa Mitchum, PLS (GA)
Region 5 Director -- Renee Kleinjan, PLS (MN)
Region 6 Director -- Tina Hurley, PP, PLS (TX)
Region 7 Director -- Brynne Williamson, PP, PLS (WA)
Region 8 Director -- Karen Becker, PP, PLS (CA)

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NALS OF WASHINGTON SUPER SATURDAY CLE

January 30, 2010

Gordon Thomas Honeywell et al Law Offices
1201 Pacific Avenue - Wells Fargo Plaza
Centennial Room Ste 2100
Tacoma, Washington

Registration Opens: 8:30 a.m.

Track One: Employment Law*

8:30 a.m. Registration
9:00 a.m. Elena Burt/Changes to Employee Documentation Requirements
10:00 - 10:15 a.m. Break
10:15 a.m. Clark Sillaman/ Union Grievances
11:15 a.m. Terry A. Venneberg/Employee Discrimination and Harassment
12:15 p.m. - Lunch
1:00 p.m. - Workers Compensation
2:00 p.m. - National Labor Relations Board
3:00 p.m. Equal Employment Opportunity Commission

Track Two – Substantive Law*

8:30 a.m. Registration
9:00 a.m. Nancy Monson/Grammar
10:00 - 10:15 a.m. Break
10:15 a.m. Valerie Barber/Federal Rules Update
11:15 a.m. Glenda Hanson, PLS/Citations
12:15 p.m. Lunch
1:00 p.m. Steven Fitzer/Medical Malpractice
2:00 p.m. Social Security Disability
3:00 p.m. Maritime Injuries

* NALS of Washington reserves the right to cancel or change any session as it deems necessary.

Registration Information

Name: _____
Chapter: _____
Address: _____
Ph: Hm./Cell: _____
Wk: _____
Email Address: _____

Fees: (includes lunch)

\$ 50.00 Member
\$ 70.00 Non-Member
\$35.00 Student/Retired
Optional:
\$25.00 Hard Copies of Handouts
Note: A CD containing handouts will be provided at registration at no additional charge

Indicate which Track you want:

Track 1 _____ Track 2 _____

Cancellation Policy:

If your schedule changes and you contact us at least 10 days prior to the date of the seminars (by January 20, 2010), we will offer a refund of your registration fee, less 25% cancellation fee. No refunds will be given after the **January 20, 2010 deadline.**

PLEASE SEND COMPLETED REGISTRATION FORM AND PAYMENT TO:

Ginny Culver, PLS
21806 Meridian Ave. So.
Bothell, WA 98021-8220

Cell: (206) 819-2022
Email: res053zo@gte.net (Note: "053" are numbers)